

# *The* *of the* **DIETARY GUIDELINES FOR AMERICANS** *Science and Application*

SPECIAL ON-LINE COURSE OFFERING for self-study  
From East Carolina University in Cooperation with the Center for Nutrition Policy and Promotion, USDA.

This on-line course was previously offered for continuing professional education credit through East Carolina University. Due to popular request, it has been made available as a self-study course, but temporarily without continuing professional education credits. Continuing education credits, approved by The American Dietetic Association, the American School Food Service Association, and the American Association of Family and Consumer Sciences, should be available within the next few months.

This course is designed for nutrition educators and researchers, dietitians, and other health care professionals who provide food and nutrition education or counseling to the public. It is especially appropriate for those who wish to understand the science and rationale of the Dietary Guidelines for Americans as national nutrition policy.

This on-line course presents the science supporting the recommendations found in the Dietary Guidelines for Americans, 2000 and application information. It presents the science and rationale for each of the 10 guidelines and explains the ABC framework in which they were grouped to carry the three basic messages of **Aim**, **Build** and **Choose** for better health. Changes from the 1995 version and additional resources will be highlighted. The four web-based course modules include:

- Module #1 - An overview of the background, development, and promotion of the Dietary Guidelines, 2000.
- Module #2 - **Aim** for fitness: focuses on the healthy weight and physical activity guidelines.
- Module #3 - **Build** a healthy base: focuses on pyramid food choices, grains, fruits and vegetables, and food safety guidelines.
- Module #4 - **Choose** sensibly: focuses on fat, sugars, salt, and alcoholic beverages guidelines.

#### Course instructors:

Kathryn M. Kolasa, PhD, RD, LD. Professor and Section Head, Nutrition Education and Services, the Brody School of Medicine at East Carolina University. Kathy is a recognized medical nutrition educator. She has been recognized by the Society for Nutrition Education with its Career Achievement Award.

Nancy W. Gaston, MA, RD. Nutritionist, Nutrition Promotion Staff, USDA/Center for Nutrition Policy and Promotion (CNPP). Nancy is the USDA project coordinator and co-authored the course material with the following Nutrition Promotion staff: Alyson Escobar, MS, RD; Myrtle Hogbin, RD; Sedigheh-Essie Yamini, PhD, RD., and Charlotte A. Pratt, PhD, RD (formerly on staff at CNPP). The Center for Nutrition Policy and Promotion is actively involved with the application and promotion of the USDA/DHHS Dietary Guidelines for Americans and the USDA Food Guide Pyramid.

For additional information on this course, visit: <http://www.ecu.edu/usda/>